LIMITED ACCESS MEMBERSHIP INFORMATION

Limited Access Membership Hours:

Fall and Spring Semesters: Monday-Friday 6am-10am and 8pm-12am; Saturday and Sunday 9am-12am
Maymester, Summer 1 and Summer 2: Full access Monday-Friday 6am-7pm; Closed Saturday and Sunday.
Please check email for special closing dates. These will be posted in the HTC Center in advance when possible.

Limited Access Membership includes free group fitness classes along with personal training offered at faculty/staff rates. See website for details and times: https://www.coastal.edu/recreation/fitness/index.html

Parking Pass and Membership Card

A parking pass can be obtained at Public Safety on University Drive and is required for all membership participants. CCU ID and Vehicle Registration are required at Public Safety for the parking pass.

Upon filling out the Membership Application, you will need to go to the ID office, located on the 1st floor of Baxley Hall to have a membership card made. Each member will have their own ID card.

HTC Student Recreation Center Policies

Entry & Access

• You must bring the membership card to gain entrance to the HTC Recreation Center.
• No food, drinks, chewing, or profanity. HTC Student Recreation Center is a WATER ONLY facility.
• Towels are required. Please drop towels in bins upon leaving the facility.
• You are responsible for your personal items.

Locker Room privileges and rules include:

• Daily use lockers are available at no charge. These lockers are located in the men’s and women’s locker rooms. Locks are available for checkout at the Welcome Desk. Locks are for use during stay in SRC only.
• The Department of Campus Recreation and its staff are not responsible for personal belongings. Please secure all belongings while in the SRCC as we cannot insure the safety of any items that are not properly secured during your visit.

Fitness Floor (2nd level)

Please wipe down equipment with disinfectant wipes after each use.

ALWAYS return weights to their proper place. DO NOT rest weights on walls or benches.

Do not slam weights; throw medicine balls against the walls. Any activity that staff deems unsafe will be stopped for the safety of the participants and others.

The three-lane track provides a temperature-controlled environment for participants to utilize year round. The walk/jog track is located upstairs and is available during all facility hours. Distance: 11 times around the center lane = 1 mile.
• Inside lane is for runners and two outside lanes are for joggers/walkers
• Only appropriate athletic running, walking, or cross training shoes are to be worn on the track. No spikes!
• Stretching is allowed in the corners of the running track. No lunges on track.

SRCC Dress Code

Athletic Attire must be worn:

• T-shirts that have been altered or cut to expose the chest are not acceptable for workouts. Females: shirts must cover midriffs.
• T-shirts and tank tops must cover the majority of the chest and back.
• Shorts/pants with zippers and/or buttons as well as denim are not permitted for workouts as they can damage equipment pads. Belts with a standard dress buckle are not permitted.
• Five Finger shoes, open toed shoes, any type of boot are not permitted.
• Street clothes such as jeans, khakis, dress pants, or anything with zippers, buttons, or belts are prohibited.

CAMPUS RECREATION STAFF HAS THE FINAL DETERMINATION ON APPROPRIATE ATTIRE.

Group Exercise Class Policies

• No gum, food, or beverages are allowed, except for water in a sealable plastic container (32 oz. or less).
• For safety, Participants will not be admitted into class after the warm up has been completed. To ensure a pleasant experience for all participants, once a yoga class has begun no one will be admitted. Please arrive early.
• In order to ensure the safety of participants, class size is limited depending on class type and equipment used.
• Only authorized Campus Recreation Fitness Instructors are trained to use the audiovisual system in the studios.
• Participants are encouraged to regularly monitor their own workout intensity and take water breaks frequently.

Spinning Studio Policies

• Water bottles and towels are highly recommended for spinning classes.
• Spinning classes are limited to 20 participants.
• The Spinning bikes come with SPD cycling shoe clips. Cycling shoes are not required, but may be used.
• Wipe down bikes after use.
• If you are a first time participant please arrive early and ask the instructor for assistance in setting up your cycle.

The Department of Campus Recreation reserves the right to cancel or change the class the schedule at any time based on class participation. Hours may vary during holidays, breaks, exams, and summer sessions. The instructor reserves the right to ask a participant to leave if policies are not followed.